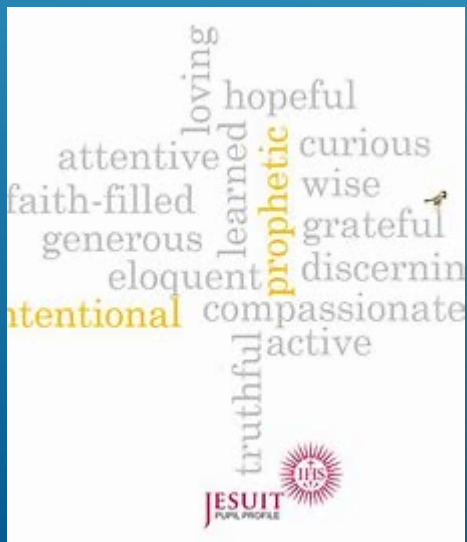


STAY SAFE THIS SUMMMER WATER SAFETY



Our theme this week is designed to raise awareness of water safety ahead of a summer outdoors and encouraging everyone to enjoy water safely.

VIRTUES



UNCRC





Protection Prayer

May the light of God surround you...

May the love of God enfold you...

May the power of God protect you...

May God place His Healing Hands
upon you and heal you quickly....

May the presence of God watch over you.....

Wherever you are God is.

Amen.

Have a think about all the ways you and your family might use water today, this week, this year.



wash hands clean car water plants flush a toilet

wash dishes clean paintbrushes growing herbs

drinking cleaning windows washing machine

shower bath making a cup of tea

washing food for dinner to travel- boats and cruise ships

for entertainment- swimming pool and many more....



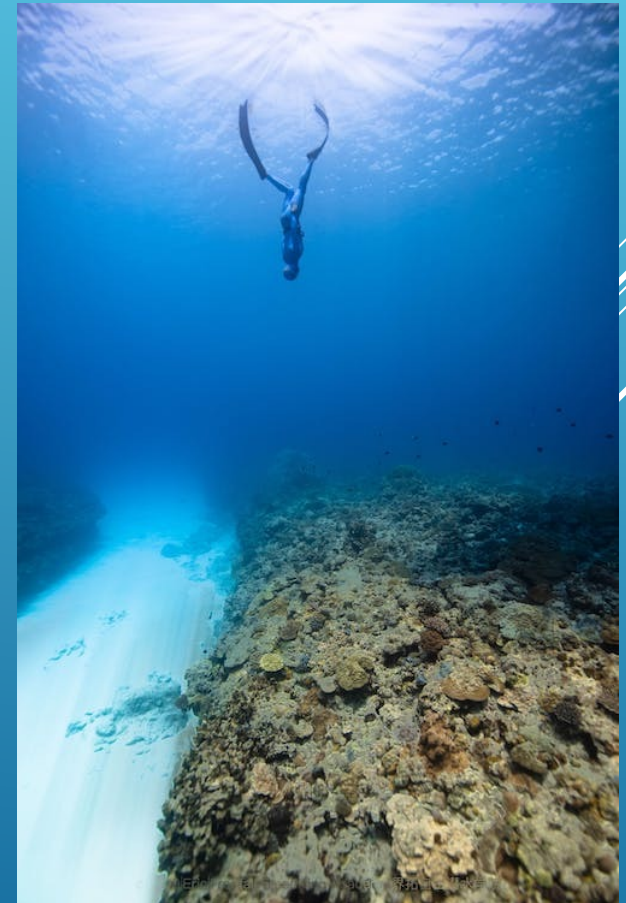
DID YOU KNOW?

71% of the surface of planet Earth is water.

Of the water on Earth, 96.5% is salt water in the oceans and seas whilst only 3.5% is freshwater in lakes and locked up in glaciers and polar ice caps.

The human body on average is made up from 60% water. Your brain is 75% water.

Water is pretty important to us, however it can pose danger..



Where do water accidents happen?

Accidents with water happen in a range of locations.



REFLECTION

Name each location and put them in order with the location you think most accidents happen. Why?



An average of 312 UK and Irish Citizens lose their life to accidental drowning **EVERY YEAR** and many more have non-fatal experiences, sometimes suffering life-changing injuries.



Drowning can happen in a variety of places such as:-



- Rivers
- Lakes
- Oceans Seas
- Swimming pools.



However, as you can drown in as little as 1-2 inches of water it is possible to even drown in a paddling pool or bath.



Water Safety: Who keeps us safe?



There are many charities helping to keep people safe by providing:

- Education
- Trained lifeguards
- Search & rescue services to find people lost in water
- Equipment for water safety
- Advice to government to make sure the law promotes and supports water safety



REFLECTION

- **HAVE YOU HEARD OF ANY OF THESE CHARITIES?**
- **WHERE ARE THE WATER DANGERS IN YOUR LOCAL AREA?**
- **HOW DO WE KEEP OURSELVES SAFE FROM THESE AREAS?**



**Before you dive in, stop and think.
Evaluate the surroundings.**

Is the water too cold? Too deep? Too fast?

Do you know what's beneath the surface?

Is there a risk of getting trapped?

Always assess the potential risks and make sure you're aware of any hidden dangers.

Whether you're swimming, boating, or simply playing by the water, it's essential to stay together. There is safety in numbers.

In case of an emergency, having someone nearby can make all the difference.





If you spot someone in trouble in the water, call 999 or 112 immediately.

Ask for the appropriate emergency service - Fire and Rescue Service for inland water incidents and Coastguard for coastal incidents.

If you fall into the water, the instinctive reaction might be to panic and thrash around. Instead, remember to float. Once you're floating, the risk of drowning decreases. It also allows you to call for help, get your breath back and plan your next move.



What do you need to know?

THE SAFE CODE



Spot

Spot the dangers (tides and currents)

Advice

Take advice (read signs, look for a lifeguard)

Friends

Go with friends and family (don't swim

alone)

Emergency

Find out what to do in an emergency (call

for

help, never enter the water)

Beach Safety Knowledge

<https://youtu.be/5LkpG11DIPg>

Newsround How to
stay safe on the
beach

Know your beach flags



Only swim where and when lifeguards are on duty
and only between the red and yellow flags.



Lifeguard
on Duty



No
Swimming



Surfing Area
No Swimming



Spotting
Conditions
Good



Spotting
Conditions
Poor



High Shark
Alert



Shark Spotted
(Siren will sound
- leave the water
immediately)



REMEMBER: If you start to struggle or are getting tired in any water **FLOAT TO LIVE**



If you're struggling in the water...



Tilt your head back with ears submerged
Relax try to breathe normally,
moving your hands to help you stay afloat,
Spread your arms and legs to keep you stable

<https://youtu.be/rJ76XfBVKq>

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The first thing needed to prevent drowning incidents when in open water is learning how to swim, which has proven to be a lifesaving skill that can reduce the chances of drowning by 88%. Following the open water safety tips below will also ensure you have the most amount of fun by reducing the risks and hazards that come with open water.

- 1. Swim In A Designated Swimming Area:** Most parks, beaches, and lakefront areas have designated times when swimming is allowed and use flags to indicate borders in which people can swim. Never swim outside those defined areas. Also, preferably swim under the supervision of a qualified lifeguard.
- 2. When In Doubt, Get Out:** Don't hesitate to get out of the water if something doesn't feel right. Whether it's that the current is getting rough, rain has started to fall, or your body is just not responding like you would like it to due to fatigue or muscle cramps, then just leave and return to the water another day. It's always a good thing to trust your instincts.
- 3. Know The Weather And Water Conditions:** Check the water temperature and weather conditions before hitting the water. If the water temperature is low, your best option would be to swim in a wetsuit and don't stay too long in the water. Bear in mind it's not safe to swim in the rain, particularly if there is thunder and lightning. If the weather changes, don't hesitate to swim back to shore.
- 4. Never Swim Alone:** When you head out into the open water, go with a "swim buddy," someone who's looking out for you and who you're looking out for in turn. Remember, the lifeguard isn't your "swim buddy"; they have lots of people to track when on duty and cannot be concerned with a particular person's safety. Besides, you'll probably have more fun swimming with a friend.
- 5. Choose The Right Equipment:** It's very important always to choose the right equipment for your open water activity: wetsuits if the water is cold, goggles if swimming, and so on. Please note that if water temperatures are over 75-80 degrees, a wetsuit might not be a good idea. Using one for extended periods could cause heat exhaustion.

TEN
TOP
TIPS





TEN TOP TIPS

6. Understand Currents:

Uncontrollables are all part of experiencing the ocean and open bodies of water. Rip tides, other currents, and waves can all sweep you away from your swimming route. If you do get caught in a riptide, don't panic. Try to remain calm and swim parallel to shore to get out of it. If you try to swim against the current, you might get exhausted and really panic even more.

7. No Alcohol:

Alcohol affects your perception of danger, making you more likely to take unnecessary risks. Alcohol also impairs your balance and coordination – all essential for swimming and boating and avoiding hazards in the water. So don't drink while in the water.

8. Wear A USCG-Approved Life Vest:

Young children, weak swimmers, and everybody should wear life jackets whenever they are in, on, or around the water, even at a pool or a waterpark. It should be put on at the dock, deck, or shore and not removed until you return to dry land.

9. Have A Plan For Emergencies:

Always have a plan to handle and face emergencies whenever you go out to the water with a swim buddy or alone. Tell someone else where you are going. Having someone watching from the shore, ready to take action should you need help, is wise. Plan for every possible incident and eliminate as much uncertainty as possible.

10. Swim Parallel To The Shore:

If ever caught in a rip current, don't let fear cloud your judgment. You could be swept away from shore very quickly. The best way to escape a rip current is by swimming parallel to the shore instead of towards it since most rip currents are an average of 100 feet wide. Try to relax and breathe, keeping your head above water, and don't wear yourself out by trying to get out of the rip by swimming against the force of the current.



ENJOY THE WATER BUT STAY SAFE!



<https://rnli.org/>

[https://wordwall.net/resource/
56553320](https://wordwall.net/resource/56553320) Word wall quiz

Interested in being a lifeguard?

Interested in finding out more about water safety?



<https://rnli.org/>

<https://www.rlss.org.uk/Pages/Category/become-a-lifeguard>

<https://www.swimming.org/careers/becoming-a-lifeguard-in-the-uk>